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NEWS WORTH SHARING.

Pirate movement taking on Iceland

The country that brought us Björk votes into parliament three members of Internet-freedoms party PAGE 8

Caffeinated food has officials jittery

Safety concerns prompt the U.S. Food and Drug Administration to investigate caffeine-laced snacks PAGE 9

DO SUPERPOWERS MAKE FOR SUPER RICHES?

OK, SO THEY SAVE LIVES. MORE IMPORTANTLY, THOUGH, ARE THEY BRINGING HOME THE BACON? PAGE 11

READY TO RUMBLE

The Vancouver Canucks' Henrik Sedin adjusts his helmet during practice on Tuesday. The Canucks and San Jose Sharks are scheduled to play Game 1 of their Western Conference quarter-final series in Vancouver on Wednesday. For more, see pages 6 & 21. DARRYL DYCK/THE CANADIAN PRESS

Finding truth in campaigns light on facts

Who to believe?

Metro turns to UBC and SFU economic experts to find the answers amid all the NDP and Liberal spin

MATT KIELTYKA
matt.kieltyka@metronews.ca

Adrian Dix and Christy Clark let accusations fly during Monday's televised debate, so it wouldn't be surprising if some voters' heads were left spinning after the verbal tornado.

The Liberals are running a "fact-free campaign," Dix said.

The NDP would drive "Peter and Paul" to seek jobs in other provinces, Clark told viewers.

Getting past the political spin and finding nuggets of truth in the leaders' rhetoric has become an increasingly taxing (pun intended) endeavour for voters as the election campaign has progressed.

Rather than get caught up in the details, Simon Fraser University economics Prof. Steeve Mongrain says that British Columbians — while being mindful of facts and spin — are better served focusing on the big issues.

"These are matters of policy," Mongrain said of the differing Liberal and NDP claims on budgets, platform costs and job creation. "The Liberal platform has important items in terms of taxation and spending cuts, while the NDP has very different important items on increasing social services, which come with higher deficits and higher repayment in the future."

To help clear the air, Metro asked several economists at SFU and the University of British Columbia to weigh in on three of the most contentious election issues.

Go to page 4 for their verdict on balanced budgets, NDP spending and job creation.

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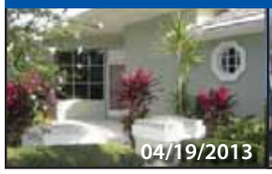

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Two suspects arrested

Maple Ridge murder appears drug-related: Cops

Drugs appear to be behind the murder of a man shot dead at close range outside a Maple Ridge grocery store Monday night.

Police have arrested two men, 26 and 27, in the targeted shooting, but are still searching for a third male suspect, RCMP said Tuesday.

"It appears to be a drug-related shooting which resulted in a homicide," Integrated Homicide Investigation Team spokesman Sgt. Peter Thiessen said in a statement. "This is another tragic example of the risks one takes when being involved in the drug trade."

The victim, Maple Ridge resident Claude Deguire, 26, died in hospital after he was shot in a parking lot in the 11800 block of 226 Street around 8 p.m.

"It is shocking and unacceptable that this incident unfolded in a very public place, not only in our close-knit community but in our town centre," Ridge Meadows RCMP Insp. Dave Fleugel said.

Public shootings are not a common occurrence in the community, Fleugel said, but multiple witnesses were quick to help officers at the scene with details of what they saw. Their information helped RCMP arrest the two men who remain in custody.

"This speaks volumes to how people feel about our community," Fleugel said.

The murder marks the second targeted shooting death in a Lower Mainland public place in less than a week.

On Wednesday, Craig Widdifield, 28, was shot dead in a South Surrey shopping-centre parking lot in a killing police believe to be gang-related.

Anyone with information is asked to call IHIT at 1-877-551-4448 or Crime Stoppers at 1-800-222-TIPS.

EMILY JACKSON/METRO

Rob Kavanagh of Able Auctions is shown prior to the Vancouver Police Recovered Goods Auction in 2008 in this file photo. Able says the auction, back for another year this Saturday, is a great opportunity for bargain-savvy bikers to find a bike. RAFE ARNOTT/METRO FILE

Police auction features gold bars, bikes ... and an electric sitar?

Your pick of pilfered goods. Annual event takes place in East Vancouver on Saturday

EMILY JACKSON
emily.jackson@metronews.ca

Want to buy a high-end bike, golf clubs or a diamond ring on the cheap?

Now's your chance to get your hands on the pilfered goods the Vancouver police have recovered from thieves over the past year.

The annual Vancouver Police Recovered Goods Auction, comprised of a peculiar assortment of goods recovered by police but gone unclaimed for more than six months, takes place in East Vancouver on Saturday.

Bikes continue to be the big draw to the already well-attended event, and this year there are more than 350 on the block, auction organizer Rob Kavanagh of Able Auctions said.

"It's an excellent opportunity for bargain-savvy bikers to find their perfect bike for the spring and summer seasons," he said. Brands include EMC2, Etape, Masi, Rocky Mountain and Norco.

While you might have to arrive early to nab a bicycle, it's unclear whether there will be high demand for the bag of toothpaste set to be auctioned.

Other items on the block include an electric sitar, a kayak, gold bars, a ceramic dragon statue, brand new Apple laptops and a variety of SLR and digital cameras.

If someone glimpses something at the auction that they believe was stolen from them, Kavanagh can pull the item from being sold, though the person will need to prove the item belongs to them.

Going once, going twice ...

- The public will be able to preview all merchandise at 1055 Vernon Dr. in Vancouver on Thursday and Friday between 11 a.m. and 6 p.m. Auction items can also be viewed online at ableauctions.ca.
- Potential buyers must pay a $10 registration fee to enter and bid at the auction, which officially kicks off on Saturday at 9 a.m.

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JONATHAN HAYWARD/ THE CANADIAN PRESS

WHO'S SPINNING THE NUMBERS?

There is much Liberal Leader Christy Clark and NDP Leader Adrian Dix can't seem to agree on. That includes the economy, as viewers learned during Monday's televised debate. Metro asked four experts from the University of British Columbia and Simon Fraser University to help sort through the rhetoric and accusations.

DEBATE FACT-CHECK

MATT KIELTYKA
matt.kieltyka@metronews.ca

1) Is the Liberal's 2013 budget really balanced? The NDP argues the "real Liberal deficit" is $790 million.

Werner Antweiler, UBC Sauder School of Business
"Their proposed balanced budget relies on the one-off sales of assets and somewhat optimistic assumptions for curbing the growth of health-care expenditures.

"This may work for the current fiscal year, but more work will be needed to keep the budget on a trajectory to remain balanced. This means either cutting expenditures or raising taxes."

Kevin Milligan, of UBC's School of Economics
"There is a plan for a balanced budget, but we won't know if the plan worked until 2014. Until then, we can assess whether their plan is sensible or not, and opinions vary."

Steeve Mongrain, Simon Fraser University economics
"Even if you believe the budget is balanced or not, it comes down to policy decisions. The Liberals have made a decision to sell off a set of their assets, though it's not clear what set."

James Brander, UBC Sauder School of Business
"I agree with the NDP on this one. Assets sales should not be used to 'balance' the operating budget."

2) With $2.032 billion of proposed spending in its platform, can the NDP keep its promise and not spend more than the "real Liberal deficit?"

Antweiler: "The NDP is rather optimistic if they believe that the new initiatives that they have proposed can be kept under a billion dollars. They will either have to prioritize what they wish to accomplish ... or they will indeed incur a much larger budget deficit.

"In short, both the Liberals and the NDP make somewhat optimistic assumptions.... However, the NDP plan implies a significantly larger deficit."

Milligan: "I don't know if Mr. Dix will keep his promise. If elected, he will face very tough decisions from a lot of people looking for increased spending."

Mongrain: "In this case, the NDP looks like they did quite a good job being careful with cost estimates. It adds up, the platform seems sound."

Brander: "I agree with the Liberals on this one. The NDP promises will cost a lot more than they claim once public-sector unions go the bargaining table expecting a payoff for their political support."

3) Who is right about the Jobs Plan? The NDP has growth rates pegged as ninth in Canada, while the Liberals claim it leads the country in job creation, with 32,000 new jobs created between August 2011 and August 2012.

Antweiler: "Since the launch of the jobs plan in September 2011, the province has gained about 8,000 total jobs. However, while more jobs were created in the public sector, the private sector has lost a significant number of jobs (35,000)."

Milligan: "Arbitrary starting and ending points are the stuff of political spin. I would look at Statistics Canada year-over-year changes."

Mongrain: "It's really important to look at per-capita numbers.... We're doing about the same as Ontario and Quebec ... but not as good as Alberta, Saskatchewan and Manitoba."

Brander: "Both statements are misleading. There are too many complications for a simple number like this to tell the real story. However, I would say that the Liberal record over the past decade has been good."

Celebration of Light. Rival nations announced in fireworks competition

Thailand, Canada and the United Kingdom will compete to dazzle Vancouverites at the 23rd annual Celebration of Light this summer, organizers announced Tuesday.

Not that the crowds seem to mind who wins — up to 300,000 people are expected to attend each night of the spectacle at English Bay.

The three-night event, which takes place July 27, July 31 and August 3, is one of Vancouver's most popular festivals, Mayor Gregor Robertson said in a statement.

"The event is a major tourism driver and provides a huge boost to businesses in our ... economy," he said.

In 2012, Italy took home the top prize.

The award-winning event contributes $37 million in tourism and hospitality spending each year, according to event producers the Vancouver Fireworks Festival Society. EMILY JACKSON/METRO

Fireworks light Vancouver's skies during the annual celebration.
JENNIFER GAUTHIER/METRO FILE

Party: 'Blank.' Paperwork error sees four more Tories dropped from the ballot

As if dumping four candidates in two weeks over various scandals wasn't enough drama for the B.C. Conservatives, a paperwork error submitted to Elections BC last week has caused them to lose four more nominees on the ballot.

The party says it is endorsing 60 candidates, but after Elections BC found problems with their endorsement form on deadline day last Friday, the final tally registered was 56. That leaves four of their candidates listed as "non-affiliated" — a political limbo that does not preclude them from receiving party support.

"They are 100 per cent B.C. Conservative candidates," said party president Dan Denis.

"The biggest problem is their name is on the ballot, but it says 'blank' beside their name — it does not say B.C. Conservative beside their name."

The non-affiliated Conservative candidates are Bill Clarke in Vancouver-Quilchena, Christine Clarke in Burnaby-Lougheed, Wayne Marklund in Burnaby North and Manuel "Mike" Pratas in Maple Ridge-Pitt Meadows.

Denis urged Conservative voters in those ridings to ensure they know their candidate's name so they don't get confused in the voting booth. KATE WEBB/METRO

Five slain

Coroners release names of family killed in car crash

The BC Coroners Service released on Tuesday the names of the five family members wiped out in a traffic accident.

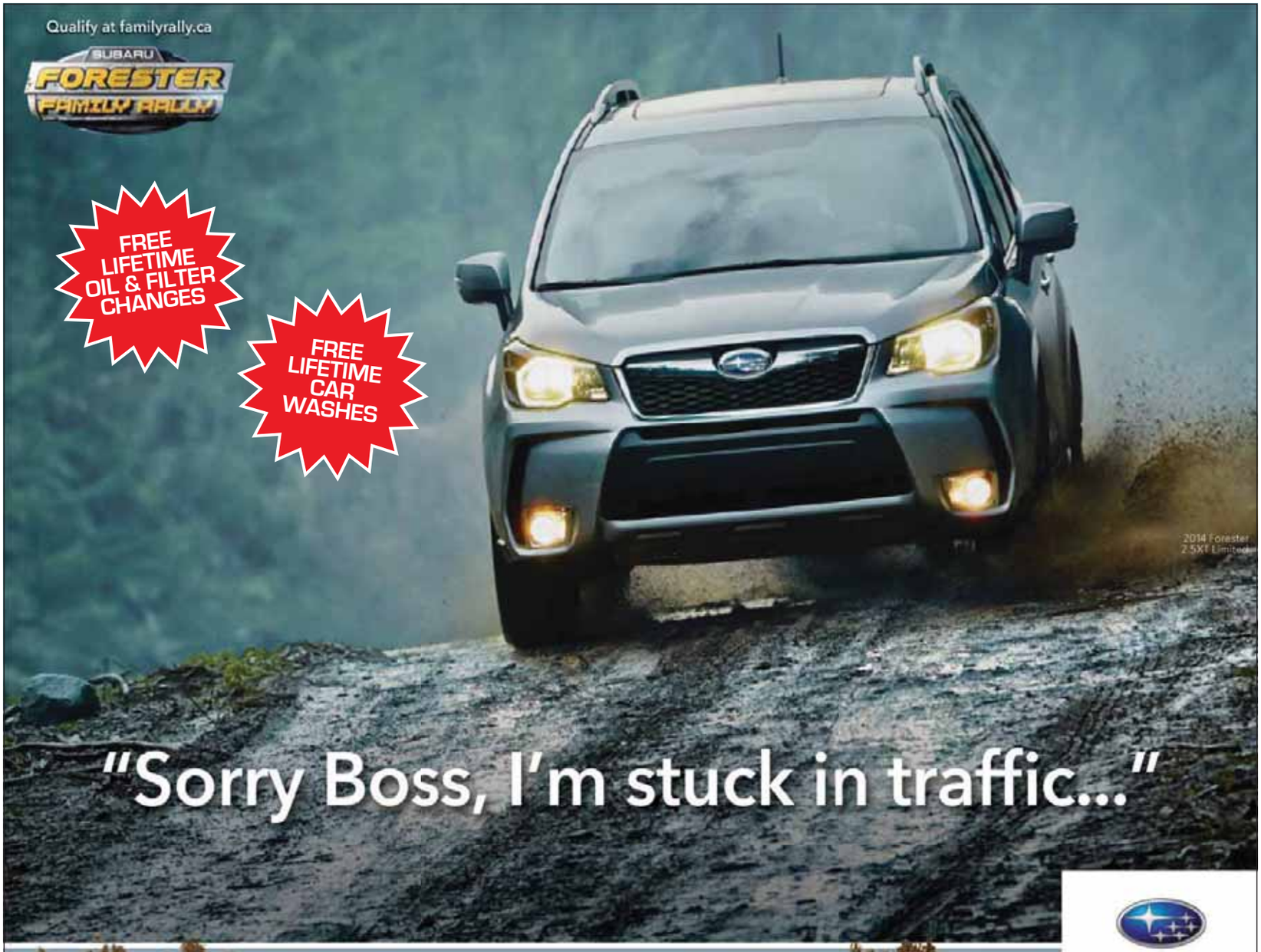
Dead are Pawandeep Arjot, 31, her two children, Annish Sachdeva, 5, and Jessica Sachdeva, 3, as well as her sister-in-law Neelam Dhingra, 47, and her mother-in-law Vidya Sachdeva, 68. THE CANADIAN PRESS

Taken off life support

Death of woman in fire may add to arson charge

A woman has died of injuries she suffered in a house fire in Kamloops. Police say 32-year-old David Gordon, already charged with arson, may be facing more charges.

The 44-year-old woman was pulled unconscious from the house on April 25. She was taken off life support Monday night. THE CANADIAN PRESS



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Playoffs guide: Where to Watch

KATE WEBB
kate.webb@metronews.ca

There's nothing like cheering on your team some place where everybody knows your name. If you don't have a favourite playoffs local yet, pick one of these and soon you will.

1. Shark Club: 180 W. Georgia St., Vancouver. This is about as close as you can get to the atmosphere in Roger's Arena without actually shelling out for tickets. Saddle up and watch the game with the regulars on more than 50 screens. Game nights feature jersey giveaways and drink specials. Sleeves of draft are $4, tax included, and shooters are $4.50.

2. Schanks Athletic Club: 350 Gifford St., New Westminster. B.C.'s largest fully interactive sports bar features 120 video screens, a scrolling electronic ticker with live updates, and a wide variety of activities like mini golf, virtual golf, billiards, video games, NTN trivia, and off-track betting. Plus, with a seating capacity of 400 you're sure to make some new friends.

3. Forum Sports Bar: 1163 Granville St., Vancouver. Forum is home to the Johnny Canuck shot, a secret blue concoction served exclusively during playoff season, which runs from $4.75 to $5.25. Game nights you can enter jersey raffles, or take part in quizzes to win T-shirts, hockey sticks and other swag.

4. G Sports Bar & Grill: 1208 Granville St., Vancouver. This sports bar is for cinnamon lovers with hollow legs. Whenever the Canucks score you can get a shot of Fireball for $2.99, and if the player with the jersey number posted on your table scores the whole table gets a free round. There are also draws for Canucks swag, and Budweiser is on special for $4.75. Bottoms up!

5. Score on Davie: 1262 Davie St., Vancouver. This is the go-to local for loud and proud sports fans in the Davie Village. It has rotating food and drink specials every night of the week, two 70-inch TVs and another nine 50-inch TVs. Playoff nights occasionally offer random draws and jersey giveaways.

6. Blarney Stone: 216 Carrall St., Vancouver. Just in time for the playoffs, this classic Irish watering hole has installed a brand new 18-by-12-foot projection screen to compliment a smaller projection screen and seven other TVs. Game nights feature giveaways and drink specials, including $4 pints of Bud.

Vancouver Canucks fans enjoy a drink at the Shark Club. JENNIFER GAUTHIER/METRO

7. The Pint: 455 Abbott St. Vancouver. Always hopping during playoff season because of its proximity to the arena, The Pint will be offering ticket and jersey giveaways, rotating drink specials, and has nearly 50 screens upstairs. By the second or third game the basement will open up, adding another 40 screens and raising its capacity from 300 to 500.

8. The Sin Bin Sports Grill 295 W. 2nd Ave., Vancouver. Every table for four at this brand new Olympic Village sports bar gets a puck with a player's name on it, and if that player scores they win a prize. Everyone also gets playoff towels and a shot at jersey giveaways.

9. Local Public Eatery: 2210 Cornwall Ave., Vancouver. Just like Kits Beach, where it's located, this restaurant is known for its casual, laid-back vibe. There are no bells and whistles planned for the playoffs since the place is always packed, just the usual 13 HD screens, good food and friendly service giveaways.

10. Phat Deli: 1055 Mainland St., Vancouver. Fans with an appetite for signed memorabilia and smoked meat need look no further than this unique Yaletown eatery for a place to watch. Game days there are draws for signed everything from pictures and hockey pucks to used sticks, plus random T-shirt giveaways. Drink specials include Molson Canadian Sub Zero coolers and Canadian for $5, shots of Red Stag whiskey for $4, and Pinnacle red liquorice vodka for $4.

Local businesses hope Canucks go far in playoffs

Granville Sports Corner manager Mike Jackson hopes the playoffs will be a boon for business. JENNIFER GAUTHIER/METRO

A long playoff run would be a huge score for local restaurants, bars and sporting gear stores — especially after the lockout and a lackluster finish to the 2012 season.

"We are pumped, we're ready, we're stocked up and we're waiting for a run here," Granville Sports Corner manager Mike Jackson said as his shop prepares to sell Vancouver Canucks hats and jerseys.

His business has come to depend on the post season, which is always "very good" as people jump on the hockey bandwagon.

And this year, he's relying on the players to make it past the first round.

"Our numbers are way down compared to what they usually are because of the lockout," he said. "We need a good long playoff to make up for those losses."

Lounges are also prepping to serve thirsty, jersey-clad Vancouverites expected to celebrate the team.

Earls, with its multiple downtown locations, only shows the games in its lounges, but servers still look forward to the juicy tips from excited fans.

"The playoffs really bring an energy to our room which the staff look forward to, particularly the weekday games," said Dario Gianna, general manager of the Earls on Robson Street, adding that non-game nights tend to be quieter than usual.

At Earls' Hornby Street location, which has a giant screen that only comes down during the playoffs, sales in the lounge were down 14 per cent in May 2012 compared to the Stanley Cup run in May 2011.

"As the playoffs progress it gets substantially busier — when we made it to the Stanley Cup our sales went up by 35 per cent," Hornby general manager Peter Collins said.

But the businesses aren't putting too much pressure on the players — Vancouver has been "pretty spoiled" by a team that makes the playoffs year after year, Jackson pointed out.

EMILY JACKSON/METRO

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Kelowna

Former RCMP officer who kicked a man in the face to be sentenced Thursday

The former Kelowna RCMP officer who admitted to kicking a man in the face two years ago will be sentenced Thursday.

At a court hearing Tuesday in Kelowna, the Crown asked for a suspended sentence, a firearms ban and 18 months probation for Geoff Mantler.

His lawyer is asking for a conditional discharge.

Mantler — who has resigned from the force — pleaded guilty to assault causing bodily harm last year after he was caught on video kicking Buddy Tavares in the face.

After learning that Mantler quit, Tavares told reporters that he had concerns the officer would get his job back.

Tavares says he believes that it was only a matter of time before Mantler killed someone.

THE CANADIAN PRESS

On the web

For more local news go to metronews.ca

Two men arrested

Five-year-old rape victim dies

A five-year-old girl has died after being raped in a brutal case that shocked India and the world.

The girl died late Monday at a hospital in Nagpur city in Maharashtra state, said an official, Bharat Yadav.

Two men have been arrested in connection with the attack, he said.

THE ASSOCIATED PRESS

Airlines banned

Syria a no-fly zone, says Russia

Russia has banned its airlines from flying over Syria after a civilian plane was reported to have come under a threat in Syrian airspace.

The ban was announced by the air transport agency, which said some airlines continue "to operate in the airspace of the country in which hostilities are using missiles."

THE ASSOCIATED PRESS

SOS! Rescue our rescuers

Auditor's report. Pilots, crews and the right type of aircraft are in short supply, warns Ferguson

The federal auditor general says the country's search-and-rescue system is in distress and some elements are near the breaking point. ANDREW VAUGHAN/THE CANADIAN PRESS FILE

The federal auditor general says the country's search-and-rescue system is in distress and some elements are near the breaking point.

Michael Ferguson's latest report, issued Tuesday, singled out the Royal Canadian Air Force, saying an ongoing shortage of pilots and trained crew puts the system in jeopardy.

He also said the country doesn't have enough — or the right type — of aircraft to respond to emergencies across the vast open spaces of land and sea.

The Harper government has repeatedly promised to deliver new aircraft to replace the air force's aging fleet of C-115 Buffaloes and older model C-130 Hercules, the workhorses of rescue missions.

Defence Minister Peter MacKay has often referred to the procurement as a "top priority."

But the program, started under the Liberals in 2002, is not expected to deliver a new plane until 2017.

"National Defence has not sufficiently replaced and has had difficulty maintaining its SAR aircraft at the necessary level to respond to SAR incidents effectively," the auditor's report said.

Ferguson noted the Hercules do not have sensors and data-management systems found on search aircraft in other countries.

Liberal critic John McKay said inaction endangers lives.

The auditor would not go so far as to say that, but insisted change is urgently required.

"At this point, we would expect they would try to put something together; a plan; a strategy that brings all of this together to address all of the concerns that we've raised," he said.

THE CANADIAN PRESS

Lost and found

$3.1B

Ferguson says he has been unable to track as much as $3.1 billion in funding set aside to combat terrorism. The paper trail tracked only $9.8 billion of the $12.9 billion that was spent between 2001 and 2009 on myriad anti-terrorism programs.

Mo' money, mo' problems

$300M

Ottawa is overpaying employment insurance by at least $300 million a year and fails to get millions of it back, the auditor general says.

The hands of time

120

Attempts to deal with the fallout of residential schools' 120 years of emotional, physical and sexual abuse of children are a mess, Ferguson says, as the Truth and Reconciliation Commission bickers with the federal government over what historical documents need to be provided.

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Norway

Wanted: Polar bear spotter

Norway might have a summer job for you: Three weeks in the Arctic wilderness spotting polar bears. The northern islands of Svalbard is seeking a polar bear spotter to warn researchers doing projects in the region.

The job starts July 8. The successful candidate likely won't have to use a gun "just as long as they have a loud voice" to scare off any bears.

THE ASSOCIATED PRESS

Stem cells treatment

Two-year-old gets a windpipe

A two-year-old girl born without a windpipe now has a new one grown from her own stem cells.

Hannah Warren has been unable to breathe or eat on her own since she was born in South Korea in 2010. Early signs indicate the windpipe is working. THE ASSOCIATED PRESS

Ukraine. European court rules Tymoshenko's jailing was rights abuse

Ukraine's jailing of former prime minister Yulia Tymoshenko was a politically motivated violation of her rights, Europe's human-rights court ruled on Tuesday, dealing a harsh blow to President Viktor Yanukovych, who has insisted the case against his top opponent was not political.

The prosecution of Tymoshenko, the country's most vocal opposition leader, has strained the former Soviet state's ties with the European Union and the United States. Tuesday's ruling put fresh pressure of Yanukovych to ensure Tymoshenko's release if he wants to sign a key co-operation agreement with Brussels later this year.

There was no immediate comment from the government, other than a promise to closely analyze the ruling.

Tymoshenko, a heroine of Ukraine's 2004 pro-democracy Orange Revolution, was sentenced to seven years in prison in October 2011 after being convicted of exceeding her powers as premier while negotiating a gas contract with Russia.

In Kyiv, Tymoshenko's daughter Eugenia said that the ruling will be like the "first ray of sunlight" for her mother who is undergoing treatment for a spinal condition in a hospital ward where windows are shut and draped.

THE ASSOCIATED PRESS

Quoted

"Soon she will be completely cleared of all the false and absurd accusations."

A triumphant Eugenia Tymoshenko, daughter of jailed former Ukrainian Prime Minister Yulia Tymoshenko, said Tuesday.

Pirate Party captures three seats in Iceland

Shiver me timbers. Founded in Sweden in 2006, movement has spread to countries including the U.S.

Birgitta Jonsdottir, the most senior of Iceland's three victorious Pirate Party lawmakers. THE ASSOCIATED PRESS FILE

Iceland has been stormed by pirates. They won't be forming the government, but online freedom advocates the Pirate Party were still big winners in the country's election.

The party, just a few months old, took 5.1 per cent of the vote in Saturday's poll, gaining three of the 63 seats in Iceland's parliament, the Althingi.

It is the biggest electoral trophy yet for a movement founded seven years ago in Sweden by a group of rebellious file-sharing geeks and hackers who scoffed at copyright laws.

Birgitta Jonsdottir, the most senior of Iceland's three victorious Pirate lawmakers, argues that political and legal structures around the world have not kept pace with the technological change that has transformed the way we live. She compares it to new software that can't run on an old computer. "We feel that most people, not only in Iceland but all over the world, feel that the institutions that are set up no longer function for us," she said.

Quoted

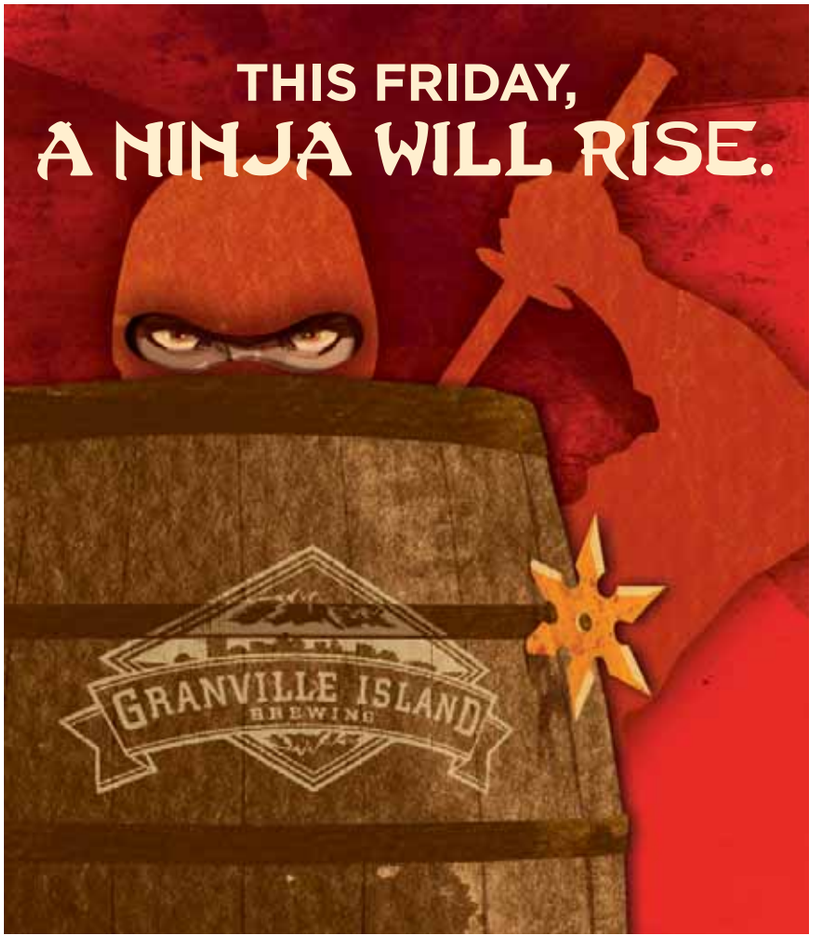
"The Pirates have a cool factor ... They are not typical politicians, but represent ordinary Icelanders."

Travel agent Hilmar Einarsson.

The Pirate Party was founded in Sweden in 2006, its name a taunt to the anti-piracy activities of copyright-holders, its logo a buccaneering black flag. It has spread to countries including the United States, but has had its greatest electoral success in northern Europe.

Sweden has elected two Pirate members to the European Parliament, and last year a Pirate candidate was elected to the Czech Republic's upper house, the Senate.

THE ASSOCIATED PRESS



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Wrigley's Alert Energy Caffeine Gum just launched in the U.S. WM. WRIGLEY JR. COMPANY/THE ASSOCIATED PRESS

FDA to investigate added-caffeine foods

Marketing craze. Wave of jacked-up products, such as caffeinated gum, prompts safety concerns

Looking for a new way to get that jolt of caffeine energy? Food companies are betting snacks like potato chips, jelly beans and gum with a caffeinated kick could be just the answer.

The U.S. Food and Drug Administration is closely watching the marketing of these foods and wants to know more about their safety. The FDA said Monday it will look at the foods' effects on children in response to a caffeinated gum introduced this week by Wrigley. Alert Energy Caffeine Gum promises "the right energy, right now."

The agency is already investigating the safety of energy drinks and energy shots, prompted by consumer reports of illness and death.

Michael Taylor, FDA's deputy commissioner of foods, said Monday that the only time FDA explicitly approved the added use of caffeine in a food or drink was in the 1950s for colas. The current proliferation of caffeine added to foods is "beyond anything FDA envisioned," Taylor said.

"It is disturbing," Taylor said in an interview with The Associated Press. "We're concerned about whether they have been adequately evaluated."

He said the agency will look at the potential impact these "new and easy sources" of caffeine will have on children's health and will take action if necessary. THE ASSOCIATED PRESS

In related news

- Monster Beverage is suing San Francisco's city attorney over demands that the energy-drink maker reduce the amount of caffeine in its drinks and change its marketing practices.

Hadfield phones home to unveil new $5 bill

Astronaut Chris Hadfield unveils the new $5 banknote while aboard the International Space Station on Tuesday. Hadfield made a cameo via satellite as outgoing Bank of Canada governor Mark Carney and Finance Minister Jim Flaherty introduced the latest in polymer currency. The $5 bill features images of the Canadarm, a generic astronaut and Dextre, the Canadian Space Agency's robotic handyman. SEAN KILPATRICK/THE CANADIAN PRESS

Market Minute

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TSX 12,456.50 (+143.83)

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WHY LET REPORTERS IN AT ALL?

JUST SAYIN'

Paul Sullivan
metronews.ca

Q: What's a First World problem?
A: A First World problem is so trivial and ridiculous that it fails to resonate with people who have real problems, such as making it to the end of the day … and then going to bed hungry.

Female reporters in male pro-sport dressing rooms? First World problem. That it is generating any comment at all is testament to Don Cherry's remarkable ability to stoke controversy at an age when most people have already gone to bed.

You gotta hand it to Hockey Night in Canada's perpetual pundit. He rushes in where nobody else bothers to tread.

First, Duncan Keith of the Chicago Blackhawks is rude to a female reporter who needles him in his own dressing room in the wake of losing a fierce contest to the Vancouver Canucks. Then Cherry wades in and says women should not be allowed into male dressing rooms.

This is followed by everyone gleefully piling onto the old guy and getting politically correct points for being oh so progressive.

Cherry loves it because he's still got it at 79, the CBC loves it because the controversy draws viewers to its only remaining hit show and all the male sportscasters love it because, compared to Don Cherry, they're enlightened. That's not saying much: Compared to Don Cherry, Klingons are enlightened.

Before I go any further, let me say unequivocally that if (and it's a big if) reporters are allowed into pro-sport dressing rooms while the players are still dressing, all reporters regardless of gender should be admitted.

Indeed, if there are male reporters who feel the need to interview female sports stars in their underwear, it should be allowed, although those reporters should be willing to pass a background check and psychological exam prior to gaining entry.

But this First World controversy completely misses the point. The point is simple: Reporters don't belong in dressing rooms any more than curmudgeons or Klingons.

It's common human courtesy and should apply across the board, including young multi-millionaires who have just lost to the Vancouver Canucks.

Think about it. You're Duncan Keith. You've barely had a chance to shower and get over losing to an arch-rival and here's some reporter in your face daring you to admit you slashed Daniel Sedin and got away with it.

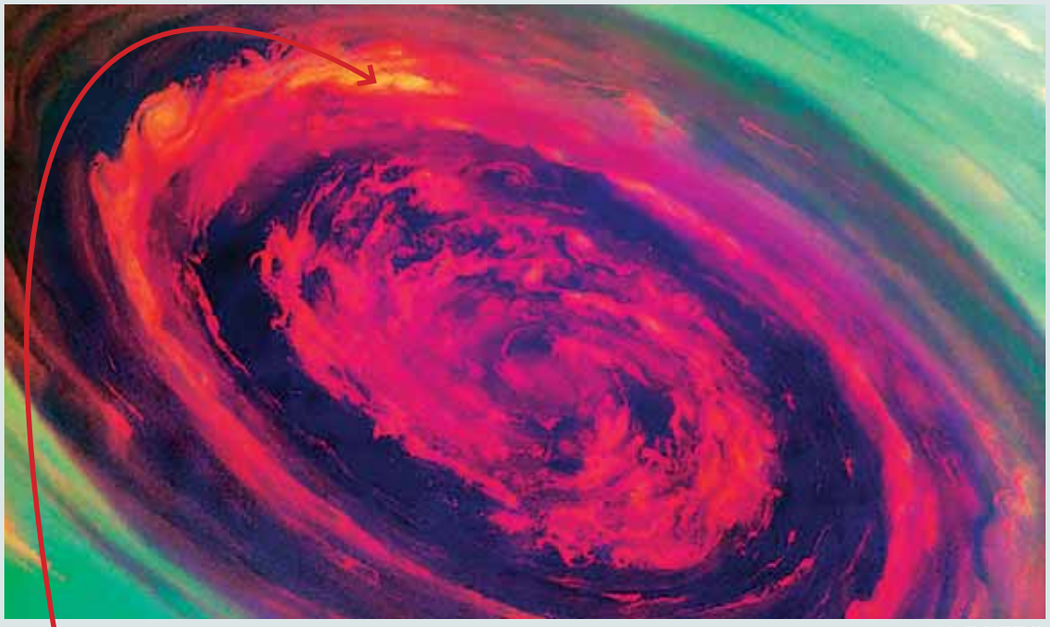
The gender of the reporter is hardly the point. The point is: Why is that reporter here in the first place?

Even if he does earn $8 million (!) a year, Duncan Keith doesn't make enough to be required to answer provocative, hostile questions in his own dressing room. How would you like it if a reporter turned up in your bathroom and started asking you about that slash on Daniel Sedin?

Exactly. It's a First World travesty. Even if it takes an overdressed geezer with the mind of a 12-year-old Klingon to point it out.

ZOOM

A rose on any other planet …



NASA/JPL-CALTECH/SSI

Saturn shows off huge 'rose' vortex

NASA has named this red-petalled vortex The Rose, but behind its flowery façade is a massive hurricane-like storm at Saturn's north pole. This photograph, captured by NASA's Cassini spacecraft, was given "false colours" to highlight low clouds (in red) versus high. **MWN**

Scientist speaks

"We did a double take when we saw this vortex because it looks so much like a hurricane on Earth."

Andrew Ingersoll, a Cassini imaging team member at the California Institute of Technology in Pasadena

Sun lights up storm for NASA's camera

This image is among the first sunlit views of Saturn's north pole captured by Cassini. When the spacecraft arrived in the Saturnian system in 2004, it was northern winter and the north pole was in darkness. Saturn's north pole was last imaged under sunlight by NASA's Voyager 2 in 1981. **MWN**

By the numbers

419,000

Approximate distance in kilometres from Saturn from which the Cassini-Huygens spacecraft captured the photo. The image scale is 1.6 kilometres per pixel.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Now that PVR and piracy have pushed TV ads out of our lives, let's rub salt in the wound by using new technology to watch marketing relics. Because hairstyles, toys and horrible music trends come and go, but smouldering good looks are forever.

EVAN AMOS/WIKIMEDIA COMMONS

VintageTV Commercials:

Come for the Before They Were Famous section, stay for the fast-food collection starring a creepy/creepier Ronald McDonald. (youtube.com/vintageTVcommercials)

80sCommercialVault:

The name says '80s, but nuts to that. It's all about the lovingly compiled '90s ad montages pushing lousy toys, high-concept soft drinks and Look Who's Talking sequels. If you're lucky, you'll catch a Dr. Mario spot that pretty much sums up the decade. (youtube.com/80scommercialvault)

Tweets

Canada got new cash Tuesday, but some people don't get Dextre, the $5 space robot. Focus groups deemed the handyman as too 'cartoonish' or childlike. Who would you rather see on the $5 note?

Terry Fox
@melisawith1s

George @strombo !
@FrenchmanCanada

Canada's sweetheart,
Justin Bieber.
@EvanPetrie17

if you're gonna go "cartoonish",
may as well go all the way...
@AdamOmadA

$5 bill childish? The current one show 6 kids... PLAYING !!!
@CleanbyConsuelo

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SCENE

Your superhero's salaries

Who is making more at the day job? Iron Man or Batman? The Man of Steel or Spidey?

Inventor/genius	Freelance photographer	Physicist	Newspaper reporter	Genius/philanthropist	Norse God	Reactivated soldier
Tony stark, a.k.a. Iron Man	Peter Parker, a.k.a. Spider-Man	Bruce Banner, a.k.a. The Incredible Hulk	Clark Kent, a.k.a. Superman	Bruce Wayne, a.k.a. Batman	Thor	Steve Rogers, a.k.a. Captain America
$8.8 billion NET WORTH, SAYS FORBES MAGAZINE	$43,000/year INCLUDES RESALES OF HIS PHOTOS	$105,403/year AVERAGE PHYSICIST SALARY IN THE U.S.	$53,354/year TYPICAL SALARY OF A NEWSPAPER REPORTER	$6.5 billion NET WORTH, SAYS FORBES	Infinity	$64,339/year PLUS 65 YEARS OF BACK PAY ($2,185,560)

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Memoir. Anna Quindlen has her Cake and eats it too

Anna Quindlen is no stranger to sharing the details of her life with millions of followers — her New York Times column, Life in the 30s, was a hit with readers for its three-year run. Her memoir, Lots of Candles, Plenty of Cake, provided Quindlen another opportunity to invite readers into her perfectly imperfect life. Not one to shy away from the industry's new technologies, the author fielded questions from us via her iPad while in L.A. for her book tour.

Anna Quindlen GETTY IMAGES

When did you know the time was right to write a memoir?
It wasn't so much that I wanted to write a memoir as that I wanted to write about how growing older has changed during my lifetime. It became clear to me that the best way to illuminate the ways we live now was to mine my own life for material.

Did you approach this the same way you did your other non-fiction works? Do you approach fiction differently?
I approach almost all my writing in the same basic fashion. I spend as much time as I can reading and reporting, and finally thinking deeply about the subject and the themes that interest me. I obviously don't do the reporting when I'm writing a novel, but the months of constant mulling are certainly a big part of the process.

What surprised you about writing a memoir?
For three years I wrote a column in the New York Times that basically took place in my kitchen, so there's very little about intensely personal and sometimes revelatory writing that I don't already know. No surprises, except that telling stories about yourself is like riding a bicycle — the knack comes right back as soon as you're sitting down and pedalling.

Were you ever nervous or apprehensive to reveal such private details about hard subjects, like when you gave up drinking, for example?
I've had to learn over the years what can go into print, and what is too much information. Perhaps not for the reader but for friends and family. When I had a finished a manuscript of Candles I gave it to my husband and three children, who had absolute veto rights. No one exercised them, I suspect because I had already been pretty sensitive about what not to include. Certainly discussing the fact that I stopped drinking 24 years ago was a bit of a leap for me. But I thought it might be helpful for other women who have had issues with alcohol.

What is the best compliment someone could give you as a writer?
There are two. Sometimes a conservative will say to me about my political columns, "I don't agree with your politics, but you always make me think about things in a different way." That's huge for me; preaching to the choir is one thing, but engaging with those who are not on the same page feels like a real accomplishment, especially in our divided and divisive society. The other thing is that women will sometimes tell me that they feel as though I'm telling the story of their lives.

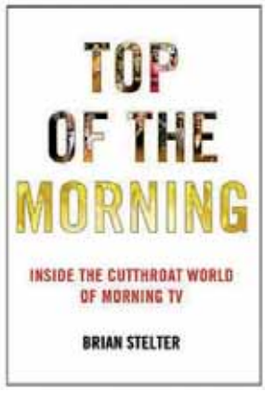
MEREDITH ENGEL/ METRO WORLD NEWS

Brian Stelter on the morning show war

Books. The author on The Ann Curry Disaster and what's next for Today and GMA

DOROTHY ROBINSON
Metro World News in New York CIty

Matt Lauer and Ann Curry GETTY IMAGES



During our interview about his new book, Top of the Morning: Inside the Cutthroat World of Morning TV, Brian Stelter consistently refers to the ouster of Ann Curry on the Today show as "The Ann Curry Disaster."

And a disaster it was. After an awkward first year, Curry was unceremoniously replaced as co-host of Today in 2012. It was far from a smooth transfer: On her last day on set, Curry actually cried when she announced she was leaving the show; she then visibly flinched when Matt Lauer tried to comfort her.

The entire watching world cringed simultaneously — and her loyal audience left in droves, thus knocking Today off its throne as the No. 1 morning program by Good Morning America, a title Today had held for 15 years.

And while this was terrible for Curry, it was a delicious twist for Stelter, a media reporter for the New York Times, who was already working on the book.

"The Ann Curry Disaster happened in June 2012," he says. "At that point I had already been deep inside the show for about six months."

Stelter then wrote as fast as he could to make sure the topic was still fresh. NBC, which has been attempting damage control ever since Curry left, has been clobbered again by Top of the Morning, which paints its executives as bullies who dubbed the removal of Curry Operation Bambi.

"I don't think it's a coincidence that Matt Lauer came out in March and gave interviews and talked about The Ann Curry Disaster for the first time. I think it makes a lot of sense that he was trying to give a pre-rebuttal to my book. A 'prebuttal,' if you will," says Stelter.

But don't cry for Today. In a way, Stelter thinks the upheaval at our morning television mainstays are a good thing.

"I think it's inevitable that the Today show will get back to first place. It's just a question of when," he says. "GMA was losing for 15 years; now it's winning, so they're not going to let that go without a fight. And what we see every day is now that fight — which is very interesting to watch."

A pretty good morning

"I think it's inevitable that the Today show will get back to first place. It's just a question of when. GMA was losing for 15 years; now it's winning."
Brian Stelter

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Ben Kingsley

Actor more gangster than Gandhi

IN FOCUS
Richard Crouse
scene@metronews.ca

Ben Kingsley in Iron Man 3. HANDOUT

For someone who became famous playing Gandhi, one of the 20th century's great pacifists, Ben Kingsley has certainly played his share of villains.

His latest character, The Mandarin in Iron Man 3, is one of the great comic book baddies. He's Iron Man's oldest foe, a scientific genius and an unbeatable martial artist, who draws his power from 10 finger rings he created using alien technology.

How bad is this guy? This bad: "Some people call me a terrorist. I consider myself a teacher," he says. "Lesson number one: Heroes — there is no such thing."

The filmmakers say Mandarin is partially based on Colonel Kurtz from Apocalypse Now and another character Kingsley made famous.

In Sexy Beast, Kingsley played Don Logan, a vile English gangster who intimidates an old colleague into coming out of retirement for one last job. How bad is this guy? This bad: He starts a brawl on an airplane because he was asked to stub out a cigarette.

"I do know that Shane Black, our writer-director, loved Sexy Beast," said Kingsley, "and was very influenced in his choice of me playing The Mandarin."

Logan isn't the only villain Kingsley has brought to life on the big screen, however.

In BloodRayne, the Oscar winner plays king of the vampires Kagan, a vicious character who must quell a rebellion led by his daughter. When asked why he would appear in a movie that ranked in Rotten Tomatoes' list of the 100 worst reviewed films of the 2000s, he said, "I have always wanted to play a vampire, with the teeth and the long black cape. Let's say that my motives were somewhat immature for doing it."

As The Hood in Thunderbirds, Kingsley uses his mental powers — telekinesis and hypnosis — to take over the International Rescue headquarters. He took the role in the big screen treatment of the 1960s British children's marionette show at the urging of his kids. "My son has a Thunderbirds alarm clock. That's how big a fan he is of the TV series."

He's also played villains in War Inc, Prince of Persia and Oliver Twist and says, "as an actor, I have to push the word 'villain' right to the back of my mind and bring forward their distorted sense of righteousness and destiny. Because I think classic villains like The Mandarin have to have a profound sense of right."

He won't go gently into that good night

Film. James Cromwell — like his character in Still Mine — is accepting of mortality

CHRIS ALEXANDER
scene@metronews.ca

In director Michael McGowan's moving fact-based drama Still Mine, veteran character actor James ("Call me Jamie") Cromwell delivers his first leading man role. It's symptomatic of the man who, at the age of 55 and after decades in the business, finally found Hollywood fame (and an Oscar nod) as the caring Farmer Hoggit in the celebrated children's film Babe.

Cromwell's patience — and that of his fans — has paid off however and his performance in Still Mine — alongside equally seasoned actor Genevieve Bujold — is a marvel to behold.

The film sees Cromwell as humble East Coast farmer Craig Morrison, a man deeply in love with his wife (Bujold) and who cannot accept the onset of dementia that is slowly ravaging her mind. Instead he sets his sights and iron will on building her an accessible house by hand, a place where her failing perceptions won't put her in mortal danger. And though red tape, concerned children and his own physical limitations threaten to derail his plans, Morrison intends to see the project to completion, an allegory for his refusal to go gently into that good night while still making his peace with the inevitable outcome that awaits us all: death.

"I think that's what the last part of your life is, coming to terms spiritually with whatever comes next," Cromwell told Metro earlier this year.

"It's the same with birth. People tell expectant mothers that birth is so terrible, but it's perfectly normal and can be handled that way. I was with my stepmother and watched her die and it was one of the most important moments in my life. She did it with as much grace and elegance as she did anything else. I'd like to think I'll be able to do the same and that's why this character appealed to me so much."

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Zach Braff getting kicked down over soliciting

Interview. The maker of Garden State comes under fire for reaching out to indie community for support in funding new film project

MICHELLE CASTILLO
Metro World News

Zach Braff has made a name for himself in Hollywood by playing the beloved role of JD in Scrubs and penning and directing the indie-hit Garden State. But for his latest project, he's gone directly to the people.

Hoping to keep final cut on Wish I Was Here, a film he co-wrote with his brother, Braff started a Kickstarter appeal to raise funds for the movie. While the project hit the $2 million goal in four days, some critics have angrily pointed out that well-known names like Braff shouldn't be going to the crowds to get money for their projects. We talked to him about the film, and the backlash.

Wish they would stop

"I think a lot of people definitely got their panties in a bunch. They definitely don't know all the facts."
Zach Braff

Congrats on reaching $2 million-plus. How does it feel?
Amazing! I feel so grateful to my own fans who rallied around us. We never knew what was going to happen and we gave ourselves one month to let it happen, and then to reach the goal in four days is beyond anyone's expectations. In fact, many people thought it wouldn't work at all.

Tell us a little more about Wish I Was Here. What kind of movie are you going to give Kickstarter funders with $2 million and counting?
The story is hard to explain without ruining it for so many people. There's a summary on the page. Backers will get as much information as they want — all of the images they want, spoilers if they want and ultimately they'll read the script if they've chosen that. But it's a story of a family who's struggling to get by in the valley of Los Angeles and trying to make ends meet and raise their kids. And the father, played by me, is an out-of-work actor wrestling to have his dreams come true as he gets a little bit older in his life.

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Listeners getting to know the real Johnny Marr

Interview. You know him from The Smiths and Modest Mouse, but it's time music fans get to know him for, well, being him

LINDA LABAN
Metro World News

Unlike Johnny Marr's 2003 album, which was credited to both the former Smiths guitarist and The Healers, his new album, The Messenger, bears just his name, marking a bona fide solo debut in more ways than title. From the opening power chord through wiry garage rock, pretty jangle pop and a touch of terse psychedelia, Marr is the guy at the front, not to the side, because his singing is equally expressive.

"There's got to be some benefits to getting older, and one of them is knowing yourself better and being OK with that. Not that I ever had a problem with who I was, except if I acted like a dick," Marr says with a laugh. "Where that's affected the new record is that I know what I'm interested in singing about and that's very handy when you're fronting a group."

Quote

"There's got to be some benefits to getting older, and one of them is knowing yourself better and being OK with that."
Johnny Marr
Talking about growing into his music

Before he set about making The Messenger, Marr knew he had to take his song ideas "home" and record in his native Manchester, England — not Portland, Oregon, where he's lived since 2005.

"I had an intuition that it would be good for the music. I didn't have a solid concept about representing Blighty. It's in no way nostalgic, God forbid," he says. "But in the back of my mind there was an attitude that I wanted to reconnect with — I guess I always carried it with me. But I wanted to be where I first developed that attitude."

Ever since the demise of The Smiths in the late 1980s, Marr's role was as producer or band member. Over the last decade, he joined both Modest Mouse and The Cribs.

"I've gone into doing this record with a sense of my audience. That wasn't the case when I made the Healers record. Now, it's more about the relationship not between me and the guys in the band, but me and my audience."

on Kickstarter

You've had a ton of supporters, but there's also people who weren't as supportive of the project. It was pointed out that you reportedly made $350,000 per episode for Scrubs. Do you feel you're on the defensive, more than you expected?
I think a lot of people definitely got their panties in a bunch. They definitely don't know all the facts. It is frustrating at times to read stuff on the web that is so misinformed, but I think it started a giant conversation that we're probably due to have because anyone who doesn't think that this is a way musicians and filmmakers and artists of all (types), whether they're known or unknown people, are going to be able to directly reach their fan base. I think those people aren't keeping up with what's happening.

To me, this was the next logical step.

Zach Braff has come under fire for using Kickstarter. HANDOUT

Kickstarter

What has Zach Braff funded on Kickstarter? Has he funded anything?

- **Quote from Braff.** "I funded these revolights bike lights. I ride my bike in Manhattan at night, which is dangerous as hell. The invention is as the wheels spin, it makes you light up. It makes you super seen without blinding any drivers. I thought it was a great idea. I became one of their backers."
- **What is some advice he has for filmmakers.** "Like any sales pitch, it's really about the video you make and being honest about the thing you want to do. The things I've supported on Kickstarter — I've supported about six things — the video is what got me; the passion of the artist and the sales pitch saying, 'Look this is what I want to do. This is why I want to do it.' I believed they could pull it off."

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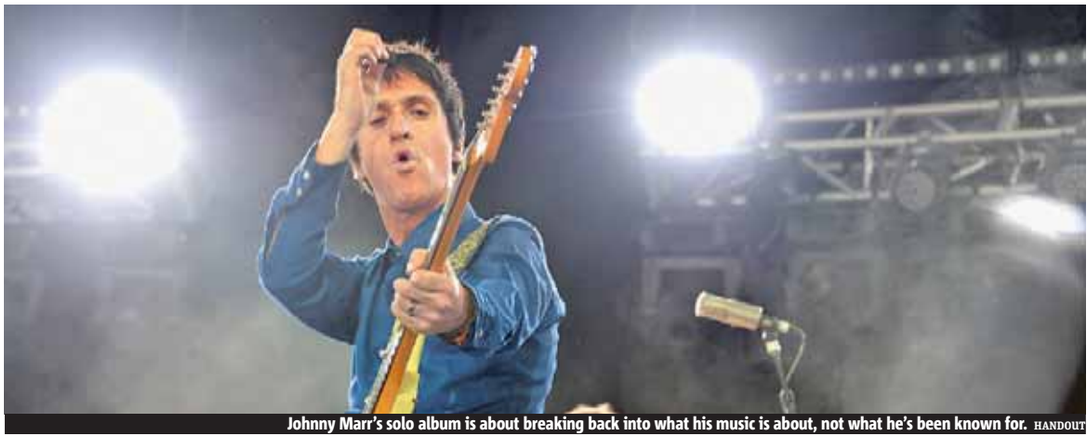

Johnny Marr's solo album is about breaking back into what his music is about, not what he's been known for. HANDOUT

All about the audience

"I don't know any other way of doing it properly. But, I've gone into doing this record with a sense of my audience. That wasn't the case when I made the Healers record. Now, it's more about the relationship not between me and the guys in the band, but me and my audience."

Johnny Marr
Talking about how this album is different.

Just a rumour

About that big, honking elephant that wandered into the room...

- **Putting it to rest.** Last year, the ever-present Smiths reunion rumours pinned hopes on a reformation at Coachella 2013. Given that Marr has made such a strong solo album, it's rude to even broach the subject. But, duty bound, we ask whether a reunion is a possibility. Marr answers tersely: "Impossible!"

A trip to see, a riverboat fantasy

Cruising. Tired of the big box cruise ships? Try something a bit more adventurous — a trip down the Danube

DOROTHY ROBINSON
Metro World News in New York

A quaint cruise down the Danube will allow you to see a whole new side of Europe. JEFFOWENPHOTOS/FLICKR

Ocean cruising has its perks. Tropical destinations, all-you-can-eat buffets, water slides, bowling, free booze — it's a $30 billion business meant to cater to every whim. But sometimes the excessiveness of ocean cruising can overwhelm. What if you want to experience the joys of travelling by sea without thousands of people crammed alongside you; without paying extra for excursions, or having to adhere to a rigid schedule while visiting increasingly homogenized ports of call?

Riverboat cruising plucks the aspects that make ocean cruising so attractive — the ability to hit multiple destinations without unpacking, the collegial atmosphere on board, an international, knowledgeable staff, a cosmopolitan experience — while being more refined and smaller than their big-white-boat counterparts. As the name implies, riverboat cruising uses smaller vessels that stick mainly to rivers, mostly in Europe but also in Asia and the South Pacific, the Mediterranean and Northern Africa, and even Antarctica.

"Most of our guests are seasoned world travellers for whom the destination is still the main attraction. For them, it's not about all-night buffets or skating rinks or other novelties you find aboard big cruise ships — it's about the discovery," says Kevin Wallace, COO of Vantage Deluxe World Travel, a premiere riverboat cruising company based in Boston. "You unpack once, then sail right into the heart of ports great and small, where sightseeing and intercultural activities are always included."

With riverboat cruising, you sacrifice water slides for accessibility and a more unique experience. Smaller boats mean you can slip into smaller ports of call — you usually just walk off the boat and into the centre of town.

But riverboat companies aren't dumb, nor are they stuffy.

They include the perks North Americans know and love: full-service cocktail lounges with live entertainment, Internet cafés, excursions, and, yes, even all-you-can-eat breakfast and lunch buffets (as well as a formal sit-down dinner every night).

Wallace is celebrating the launch of the company's latest addition to their fleet, River Splendor. The new ship, part of a $120 million investment by Vantage, has a busy year ahead: After its March christening in Antwerp, Belgium, it will spend the spring, summer and fall cruising the Rhine, Main and Danube rivers between Amsterdam and the Black Sea as the lead ship on Vantage's most popular package, the Majestic Rivers of Europe: Castles, Cathedrals and Fairytales (with stops in Vienna, Budapest and the Czech Republic), as well as the Gateway to the Black Sea trip that takes travellers from Budapest along the Danube all the way to the Black Sea resort of Constanta, Romania.

So, with these trips, instead of onboard bowling you'll just have to enjoy a home-hosted lunch with a family in Croatia instead. In lieu of a Broadway musical at night, you'll have to settle for an exclusive classical concert at the Kursalon in Vienna.

Sounds like a pretty good trade-off, no?

If you go...

- **Visit.** vantagetravel.com for prices and schedules

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Get us to the Greek (Isles)

Stunning scenery. Azure oceans, craggy cliffs and sleepy port towns are just waiting to be discovered

DIANE TIERNEY
life@metronews.ca

One of the sweetest sights in the world is of Santorini, Greece.

The whitewashed houses and shops shaped like sugar-cubes cling precariously to sheer dramatic cliffs in many of its villages.

The scenery will hypnotize you into finding a comfortable perch at a cosy café to sip Nyxteri wine until sunset.

It's no wonder the island is shaped like a fishhook. It grabs your heart and soul — as do all the gorgeous Greek Isles.

Santorini, Corfu and Mykonos are three pearls in the chain that should not be missed.

On Santorini, visit Fira, the largest town with dazzling whitewashed houses. You can walk the steep streets from the harbour or take a donkey, but most visitors board the unforgettable cable car ride — at least those who aren't afraid of heights.

At the top, quaint shops, restaurants and cafés line narrow cobblestone lanes.

Each one is adorable and inviting, selling art, leather and jewelry. The nearby town of Oia is just as cute and only a 20-minute local bus ride away. It's a little less riddled by tourists, but also has quaint cobblestone lanes with spectacular views of blue-domed, whitewashed buildings.

Enjoy a casual lunch on a quiet patio overlooking the sea. Try dolmades — delicate parcels of grape leaves stuffed with savory rice and mincemeat, often served with an egg drizzled with lemon sauce.

Afterward visit Kamari, the ancient port of Thera and a popular tourist resort famous for its dramatic black sand beach.

The island of Corfu is lush, fertile and covered in olive trees.

The old town has a beautiful garden zone called Spianada, ideal for strolling. The pretty arcaded terrace resembles the Rue De Rivoli in Paris. Narrow, winding streets feature tiny squares, richly decorated churches and a large English cricket pitch dating from the time of British rule.

For gorgeous scenery, visit the cliff-top villages of Paleokastritsa and Kinopiastes. And when you're hungry, try Pastitsio, a baked dish of minced lamb followed by Koum Kouat liquor, a local specialty.

The island of Mykonos offers a charming labyrinth to explore. Its narrow streets lined with cubic white houses and shops were designed specifically to confuse invaders.

Today the area lures tourists to the jewelry and souvenir shops and irresistible restaurants and cafés. At night, the clubs and bars are where young travellers from around the world mix and mingle.

One of the most beautiful icons on Mykonos is the Paraportianai church.

It has five churches united by a graceful arched bell tower. Four chapels form the base and the fifth church is on top in a central domed roof.

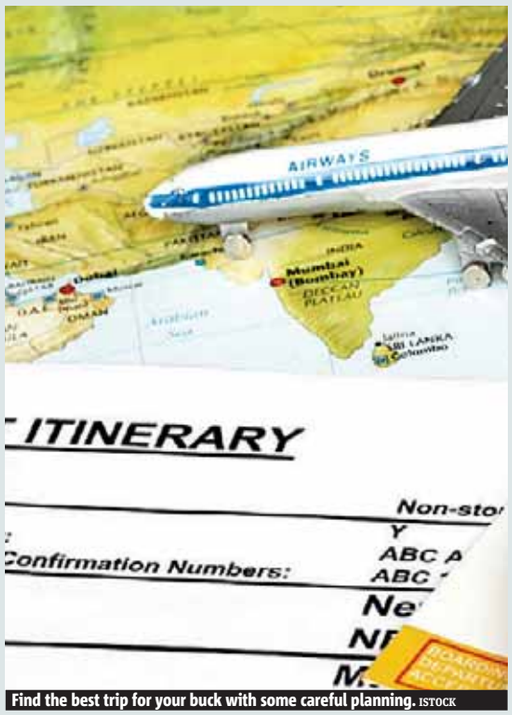
Mykonos is also known for its famous windmills that capture the strong winds from the Aegean Sea.

Few people leave Mykonos without having their photo taken in front of these picture-postcard icons.

You'll want to keep your camera out while walking around stunning Santorini. ALL PHOTOS: DIANE TIERNEY/METRO

Try sipping some wine while enjoying the views in Santorini.

Travel tips



Find the best trip for your buck with some careful planning. ISTOCK

Frugal fun

ON THE MOVE
Loren Christie
life@metronews.ca

Purse strings a little tight? If you are hoping to not break the bank on your summer holiday, here are some tips to assist in your planning.

Avoid travelling in July and early August. If there are discounts in airfares and hotels to be had, you will usually find them in the first half of June and in late August through September. Research your destination and avoid being there during any big summer conventions. Hotels in city destinations raise their room rates in response to the high demand created by the influx of attendees.

Book your flights during non-peak times. Fly on a Tuesday or Wednesday midday when business travellers are less likely to be travelling. If you are heading South or to the U.S. consider driving to the nearest American airport and take advantage of cheaper fares on discount airlines that depart out of them. Embrace alternative accommodations. Instead of hotels, consider home exchanges, house sitting, bunking down in a university dormitory, camping in a national park, RV campgrounds and hostels. Every option has its own specific advantages and disadvantages, so choose based on your needs and budget requirements.

Check out all of the complimentary attractions destinations have to offer. Museums and art galleries often have a day of the week where there are no admission fees. Concert halls tend to offer free or reduced fee performances on mid-week afternoons. Historical sites are free or charge nominal entry. Plan your visit during one of the many summer festivals going on, which always include some low cost activities.

Classic Niçoise makes great app or main with rotini addition

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

This is a fantastic main course for lunch or dinner.

The healthy omega 3 fatty acids come from the tuna and help to lower the bad cholesterol and triglycerides.

Be sure, however, to only buy tuna packed in water, not oil, to save the excess calories and fat.

1. Cook pasta in boiling water according to package instructions or until firm to the bite. Rinse with cold water. Drain and place in serving bowl.

2. Blanch green beans in boiling water just until still crisp, approximately 2 minutes. Drain, rinse with cold water and add to pasta. Add tomatoes, cucumbers, sweet peppers, onions, tuna, olives, dill and anchovies.

3. Make the dressing: In small bowl combine oil, lemon juice, vinegar, water and garlic. Pour over pasta, and toss. Garnish with cucumber shavings. (For cucumber garnish, use a vegetable peeler down the length of the cucumber to create thin shavings).

ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE INC) BY ROSE REISMAN

Ingredients

- 12 oz rotini
- 6 oz green beans, cut in pieces
- 1 3/4 cups chopped tomatoes
- 3/4 cup diced cucumbers
- 3/4 cup diced sweet red or green peppers
- 1/2 cup sliced red onions
- 1 can (6.5 oz or 185 g) flaked tuna packed in water, drained
- 1/3 cup sliced olives
- 1/2 cup chopped fresh dill or 125 ml 1 tbsp (15 mL) dried
- 5 anchovies, minced

Dressing

- 1/3 cup olive oil
- 1/4 cup lemon juice
- 1/4 cup balsamic vinegar
- 2 tbsp water
- 2 tsp crushed garlic
- Cucumber shavings

Rotini Niçoise

This recipe serves eight as an app. It contains 333 calories and 12 grams of fat per serving. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE INC)

Lunch. Egg Salad & Smoked Salmon Sandwich

1. In a medium bowl, whisk together the mayonnaise, mustard, smoked paprika and hot sauce. Stir in the cornichons and celery. Gently stir in the chopped hard-boiled eggs, then season with salt and pepper. Cover and refrigerate at least 30 minutes, or up to overnight.

2. When ready to serve, lightly toast the slices of sourdough bread. While the bread is still warm, spread a quarter of the egg salad over each slice, then top with a quarter of the smoked salmon. Serve immediately.

THE ASSOCIATED PRESS

Ingredients

- 1/2 cup mayonnaise
- 2 tbsp Dijon mustard
- 1/2 tsp smoked paprika
- 1/2 tsp hot sauce
- 1/2 cup finely chopped cornichons
- 1/2 cup finely chopped celery
- 8 hard-boiled eggs, cooled and roughly chopped
- Salt and ground black pepper
- 4 large slices sourdough bread
- 4-oz package thinly sliced smoked salmon

Drink of the Week

Eiffel Sour

- 1 oz Grey Goose Vodka
- 8 lime segments
- .25 oz simple syrup
- .25 oz St. Germain
- 1.5 oz Perrier sparkling water

In a cocktail shaker filled halfway with ice, combine Grey Goose Vodka, lime segments, simple syrup, and St. Germain. Shake well. Pour entire contents of the shaker into a tall glass. Top with Perrier and stir delicately.

RECIPE AND PHOTO COURTESY OF THE GREY GOOSE LOUNGE AT MUZIK IN TORONTO

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From collegiate to corporate

Transition. Here are a few tips on making the leap from student to working professional

ASHLEIGH TRAHAN
TalentEgg.ca

Summer is nearly upon us. And while some students are off to work at short-term summer jobs, graduates are facing the end of their academic careers and making the transition into full-time working professionals.

I know from experience that this transition isn't easy. While I was a Type A student in some respects, other behaviours made me less than mentally prepared for a 9 to 5 job.

I kept odd hours, furiously writing essays until sunrise, and enjoyed drinking one too many pints on Tuesday nights.

In the interest of saving you some office-related troubles (not to mention a terrible Wednesday morning hangover), here's some advice on how to make the leap from co-ed to corporate life.

Invest in an alarm clock

One of the first things you might notice is the never ending exhaustion that comes along with having to wake up at the exact same time, every single day. Not only do you have to wake up, but you are expected to be a productive member of society.

In all seriousness, it can be tough to reconcile your old student ways with a rigid schedule. If it all becomes too much, schedule time for yourself to enjoy the odd night of regression into student-like fun. "Grown-ups" can enjoy beer pong and pizza every once in a while too.

Remember, you're not being graded on this

In school, there is an intense fear of failure that drives you to achieve perfection (or at least a reasonable grade). Failing a class or test meant that you'd have to repeat your class.

But in the working world, you have to accept that perfection is the enemy of the good, and answers to complex business problems are not as cut and dry as a multiple-choice exam. In fact, failure is one of the best ways to learn. This is not a class where you'll be docked points for the wrong answer, so don't be afraid to pipe up with your ideas, even if you're not sure they'll be a hit.

It can be tough to reconcile student ways with a rigid schedule. ISTOCK IMAGES

Embrace uncertainty

When you're caught up in meetings, deadlines or emails, you may have a moment when you realize this is not the swishy, Don Draper-esque job that you envisioned for yourself. It's going to take time to develop your identity in the working world and in your new life as an adult.

Enjoy where you're at, even if your job isn't the life-changing work you imagined whilst reading Sartre in the gentle bosom of academia. Embrace this somewhat confusing period in life as a time for self-discovery. I assure you this will not be your last quarter-life existential crisis.

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Recall the motivational milestones of student life

As a young professional, I've found I can harness the power of those by-gone academic milestones to grow in my personal and professional life.

- In spring when you'd usually be buckling down for exams, instead get serious about work or personal projects that may have fallen off your radar.
- In the fall, use that autumn motivation to learn new skills by signing up for continuing education courses, or picking up good habits that might have fallen by the wayside in the lazy days of summer.

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Career planning and job search courses	
Monday, May 6, 11 a.m. – room 236	Downtown
Monday, May 13, 11 a.m. – room 236	Downtown
Dental technology	
Wednesday, May 1, 9:30 a.m. – room 332	Downtown
Digital graphic design	
Thursday, May 9, 6 p.m. – room 721	Downtown
English for professional advancement (EPA)	
Wednesday, May 15, 2:30 p.m. & 5:30 p.m. – room 235	Downtown
Fashion arts	
Wednesday, May 1, 6 p.m. – room 237	Downtown
Hospitality management diploma	
Thursday, May 2, 6:30 p.m. – room 429	Downtown
Music	
Wednesday, May 1, 3 p.m. – room 3228, building A	Broadway
Networking technology	
Monday, May 13, 4:30 p.m. – room 627	Downtown
Teaching English to speakers of other languages (TESOL)	
Tuesday, May 7, 12 p.m. – room 518	Downtown
Tuesday, May 14, 12 p.m. – room 518	Downtown
Transportation trades	
Tuesday, May 7, 11 a.m. – lobby, building B	Broadway
Tuesday, May 14, 11 a.m. – lobby, building B	Broadway

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5 ways volunteering can boost your career

Reasons to give. Build your skill sets, network with the right people and develop soft skills by donating your time

KATE MILLS
TalentEgg.ca

As you transition into summer and start looking for work, don't underestimate the power of volunteering and how it can benefit your career.

In Give and Take, author Adam Grant explains how giving can boost your career. He says the most successful givers are those who rate high in concern for others but also in self-interest.

So with that in mind, here are some reasons to give:

Work experience

Instead of applying for entry-level jobs that ask for experience you don't have, get it by volunteering — such as what I'm doing in communications at Students Offering Support.

Whether it's working with a new computer program, helping to develop a new website or using a second language, there are specific skills employers look for that you can develop by volunteering — not to mention soft skills such as team work, communication skills, adaptability and time management.

Update your resumé

A sure-fire way to have relevant experience on your resumé is by volunteering in an area where you want to build your career. A survey by TimeBank through Reed Executive found that 73 per cent of employers would recruit a candidate with volunteering experience over one without.

You never know which contact could lead you to your dream job.
ISTOCK IMAGES

Networking

Volunteering at an organization that does work you want to be involved in is a natural way of networking with the right people. You meet contacts who have contacts, and you never know who might be the contact to lead you to the job you've always wanted.

It could lead to a job

In Give and Take, Grant tells the story of George Meyer, one of the writers for The Simpsons, who many credit as being the creative genius of the show.

Before Meyer got his gig with The Simpsons, he self-published a comedy magazine just to have variety from his other job. It was a hit and made it on Rolling Stone's Hot List of the year's best in entertainment.

His magazine got so many submissions that he had to turn some of them down. Not being able to bear that, he shut the magazine down after the third issue.

The magazine ended up in the hands of The Simpsons' executive director just as the show was getting off the ground and he was looking to hire a writing team. He hired Meyer and some of the contributors to his magazine.

Take-away point: By doing something for free, it led to work on a highly successful television show for him, and for the people he gave the opportunity to.

Improve your interviews

If you have recent and relevant career experience, you will feel more confident and have more to talk about in your job interviews.

Plus, when you're volunteering with a non-profit organization, you're also working somewhere that actually makes a positive difference in the world, which can't hurt.

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Soccer

Whitecaps won't take lower-tier team lightly

If the Vancouver Whitecaps were taking their opponent lightly in the first game of the Amway Canadian Championships, FC Edmonton has their attention now.

The MLS Whitecaps take a one-goal lead into Wednesday night's second game of the semifinal at BC Place. FC Edmonton, which plays in the lower-division North American Soccer League, would like nothing better than to embarrass the Whitecaps on their home pitch.

"They have a lot more to gain than we do," said striker Tom Heinemann. "Clubs take advantage of that.

"I've been on the other side of the ball with clubs. We cherish the opportunity to play against MLS clubs and try and take it to them and beat them. As players, those guys want to be where we are. We have to stand up to that and acknowledge that and be prepared to fight."

The Whitecaps won the first match of the two-game, total-goal series last week with a 3-2 win in Edmonton. Vancouver opened the scoring but needed two goals, one on a dubious foul call, to take the victory.

Goalkeeper Brad Knighton said the Whitecaps don't want to be the Goliath to Edmonton's David.

"I would say it's a wake-up call," said Knighton. "It's a mentality. You are playing a lower-division team and they don't deserve to be in MLS."

THE CANADIAN PRESS

Lapierre counting the minutes to playoffs

NHL playoffs. Canucks forward wants to be a physical presence in Round 1 versus San Jose

CAM TUCKER
cam.tucker@metronews.ca

Max Lapierre loves this time of year. The Stanley Cup playoffs are officially underway.

"It's unbelievable. It's going to be tough for some players to sleep tonight," said Lapierre after Tuesday's practice at Rogers Arena.

"I'm just counting minutes now. I just can't wait to go out there and play. It's so much fun to play in the playoffs. Everything counts — you know, you block a shot, it's a big play. You get the puck out of your zone, it's a big play. I think guys can't wait to play."

The wait will soon be over.

The Canucks host the San Jose Sharks in Game 1 of the Western Conference quarter-final Wednesday at Rogers Arena.

The team acquired the now 28-year-old Lapierre, known to play a physical game and get under the skin of opposing players, at the trade deadline in 2011 and he proved to be a valuable player in the post-season.

He had three goals during the Canucks' run to the Stanley Cup final that year, but none bigger than when he scored the only goal of Game 5 against the Boston Bruins.

That goal — the puck barely crossed the goal line — put the Canucks one win away from the Stanley Cup.

With the addition of Derek Roy the day before the 2013 trade deadline and Ryan Kesler's return to health, Lapierre is slated to start the playoffs as Vancouver's fourth-line centre.

That should suit him just fine.

He had perhaps his best game of the season on April 22 against the Chicago Blackhawks, leading all players that night with nine registered body checks.

"I feel good in the playoffs. It's been my trademark since I'm in the league and I enjoy playing when there's a lot of emotions, and that's going to be the same thing tomorrow," said Lapierre.

Max Lapierre is eager to kick-start the Canucks' playoff run. GETTY IMAGES FILE

Playoffs underway

It didn't take long for overtime drama to show up in these playoffs.

- Bryan Bickell scored in overtime on a 2-on-1 rush, and the Chicago Blackhawks started the post-season on a winning note after dominating the regular season, beating the Minnesota Wild 2-1 on Tuesday night.
- The two teams will be back at Chicago's United Center on Friday for Game 2.
- Meanwhile in St. Louis, Alex Steen stole the puck from goalie Jonathan Quick behind the net and scored a shorthanded goal to give the St. Louis Blues a 2-1 overtime victory over the defending Stanley Cup champion Los Angeles Kings.
- Steen also scored on a power play in the first period for the Blues, who ended an eight-game losing streak against the team that swept them in the second round last spring.

THE ASSOCIATED PRESS

4 SPORTS

SAFER DINING EXPERIENCES

NEW GUIDE HELPS RESTAURANTS DEAL WITH ALLERGIES

STOCKBYTE/THINKSTOCK

Living with food allergies can have an impact on many areas of your life. Aside from the health implications from food allergies, social situations can also be strained when you have serious health consequences around certain foods.

One area that's tricky for anyone with a food allergy, food intolerance or food-related autoimmune disorder is dining out at a restaurant.

Not only are you there hoping that you ask the staff the correct questions, but you are putting a lot of faith into them that they know how to safely handle your real food issues. Many people tend to avoid this situation all together because, for some people, it can be a matter of life or death.

A new guide developed from a collaboration between The Canadian Restaurant and Foodservices Association and Anaphylaxis Canada hopes to make dining out safer for customers while increasing the understanding of restaurant owners and staff.

Food Allergies: A Guide for Restaurants outlines common allergies and intolerances and stresses the importance of managing risks of complications through obtaining ingredient lists from suppliers. It also outlines the importance of avoiding substitutions that are not outlined in the menu and being aware of what cross-contamination is and how it plays into food safety.

Hopefully, as the guide becomes available, more restaurants will make it a priority to understand the food they are serving and how to better serve those with food allergies.

Yummymummyclub.ca is an online resource to help busy women survive motherhood.
– Devan McGuinness

PURESTOCK/THINKSTOCK

STAYING INFORMED IS CRITICAL

If you or someone in your family has allergies, you know that eating the wrong food can lead to symptoms such as hives or cramps. Those with severe allergies could even experience a life-threatening reaction.

There are strict federal regulations requiring allergen labelling for all food sold in Canada, whether it's produced domestically or imported. Pre-packaged foods that contain any of the 10 most common allergens must be clearly labelled with a warning.

The 10 most common allergens are:

1. Eggs
2. Milk
3. Mustard
4. Peanuts
5. Seafood (fish, crustaceans, shellfish)
6. Sesame
7. Soy
8. Sulphites
9. Tree nuts
10. Wheat

Sometimes a product that contains undeclared allergens does end up on store shelves. When that happens, the Canadian Food Inspection Agency (CFIA) issues a public warning advising consumers with allergies not to eat the product.

If you have allergy concerns, it's important to stay informed about food recalls and public warnings by signing up at HealthyCanadians.gc.ca, to receive email notifications from the CFIA. The site is also a valuable resource for all food safety information.

– News Canada

AT RISK OF ANAPHYLAXIS? LET'S TALK

Tess Bantock is one of thousands of Canadians who have a potentially life-threatening allergy.

If the 19-year-old university student ingests the wrong food, even the tiniest amount, she could suffer anaphylaxis — a rapid and severe reaction that can compromise respiratory and cardiac functions.

"I have to be constantly aware and vigilant," Bantock says. "I have to read food labels, know about food ingredients, and try to make sure that what I eat is safe. Even then, I have to be prepared to manage the unexpected allergic reaction."

There is no cure for anaphylaxis. The only way to manage it is to avoid the allergen triggers. But complete avoidance may not always be possible. For example, there can be hidden sources or trace amounts introduced during food preparation and handling. That's why being ready for an emergency is so critical.

In the event of a severe allergic reaction, the injection of epinephrine is the emergency treatment of choice. For this reason, all individuals at risk, and their caregivers, should always carry and know how to use an epinephrine auto-injector.

Incredibly, many do not.

"A lot of patients and caregivers are unprepared," says allergist Dr. Susan Waserman.

"They run the risk of not being able to respond quickly to treat an anaphylactic reaction."

In a recent study conducted by Leger Marketing, 57 per cent of adults and parents of children at risk of anaphylaxis did not consistently carry their auto-injector, and 16 per cent were not confident in their ability to correctly use it.

A new epinephrine auto-injector, now available in Canada, has been developed to help address these gaps. Allerject™ is indicated for the treatment of anaphylaxis reactions. It has automated voice instructions that guide patients and caregivers through the correct use of the device. Its compact size also makes it convenient to carry, encouraging compliance with recommendations that epinephrine should be available at all times.

Bantock says what she likes most about the new auto-injector is that it allows her to be proactive in managing anaphylaxis, while living a normal and active life.

"It's there if I need it, but it's discreet and unobtrusive. And my friends and family appreciate that if I need help, Allerject™ will 'talk' them through the injection process."

It is important to seek immediate medical assistance or go to the emergency room after using epinephrine and to stay close to a hospital for the next 48 hours. Always read and follow the label.

Go to www.allerject.ca to learn more.

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© 2013 smart Canada, a Division of Mercedes-Benz Canada Inc. Vehicle shown is the smart fortwo passion with optional equipment at an extra cost. [1]Total price is based on a smart fortwo Pure, National MSRP of $14,400. Total price of $16,460 include charges of $2,060.48, consisting of freight/PDI of $1,395, dealer admin fee of $495, air-conditioning levy of $100, PPSA up to $60.48 and a $20.00 fee covering EHF tires, filters and batteries (taxes are extra). [2]Lease offer based on a new 2013 smart Pure available only through Mercedes-Benz Financial Services on approved credit, for a limited time. Lease example (stock # R1301582) is based on a 24-month term and a lease APR of 0.9%. Monthly payment is $99 (excluding taxes) with 12,000 km/year allowance ($0.25/km for excess kilometers applies). Due on delivery is down payment, plus first month payment (plus taxes), and security deposit, for a total of $2,512. Cost of borrowing is $162.52 for a total obligation of $4,912. Vehicle license, insurance, and registration are extra. Dealer may lease or finance for less. Offers may change without notice and cannot be combined with any other offers. See your authorized Mercedes-Benz Vancouver dealer for details or call the Mercedes-Benz Customer Care Centre at 604-331-2369. Offer ends May 31, 2013.

2013 Hyundai Santa Fe XL

ALL PHOTOS WHEELBASE

By comparison

1 Nissan Pathfinder
Base price: $31,800

2 Chevrolet Traverse
Base price: $34,550

2013 Hyundai Santa Fe XL

- **Type.** Four-door, front- /all-wheel-drive wagon
- **Engine (hp):** 3.3-litre DOHC V6 (290)
- **Transmission.** Six-speed automatic
- **Base price (incl. destination)** $31,900

Design

The Santa Fe's trimmer, sleeker design also places it higher on the attractiveness scale. Abandoned is the soap-dish shape that was in evidence with first and second-generation wagons. Along the sides and rear deck, the sheet metal is now as crisp as a starched shirt, while the grille copies a familiar Hyundai style.

Steering

Another feature is the Driver Selectable Steering Mode, which has Comfort, Normal and Sport settings. Selecting Comfort reduces steering effort by 10 per cent and aids parking maneuverability. Inversely, the Sport position firms up the steering by the same amount and increases "on-centre feel" for better highway control.

The 3.3 litre V6 engine (290 hp)

All wheel drive

AWD increases the Santa Fe's $29,200 base price by $1,750, but is well worth it for the added control and peace of mind in slippery, muddy conditions. The system has been engineered to shift torque to a single wheel, if necessary, depending on weather and driving conditions.

Review. If you need more than five chairs and all wheel drive, this is the Hyundai for you

MALCOLM GUNN
wheelbasemedia.com

The driving distance from Veracruz, Mexico, to Santa Fe, N.M., is more than 2,500 km But Hyundai's recently retired Veracruz wagon and the 2013 Santa Fe are much closer. Until its demise following the 2012 model year, the Veracruz represented Hyundai's mainstay transport for people requiring accommodations for up to seven-passengers and their belongings. Its drawbacks, including a hefty 4,300-pound base weight, eventually put it out of the running.

The Veracruz's capacity, if not its name, has been replaced by the Santa Fe, or at least one version of the Santa Fe. For the 2013 model year Hyundai has seen fit to create both a five-place model, called the Santa Fe Sport, plus an extended-length model with four inches added between the front and rear wheels that can seat six or seven, depending on the configuration. The Santa Fe now closely matches the boxier Veracruz's total cargo capacity, but is lighter by about 320 pounds.

The Santa Fe's interior reveals that Hyundai is really getting the hang of what constitutes great interior design. From the sculpted dashboard and door panels to the inwardly angled primary gauges, the look is strictly premium, even without the available leather seat coverings or eight-inch touch-screen display.

The base GLS is fitted with a solid array of content but stops short of going overboard. For that you'll need to move up to the Limited that comes with dual-zone climate control, eight-way power driver's seat, heated second-row seat, power tailgate, rearview camera, push-button start and 19-inch alloy wheels. Heading an extensive list of options is an eight-inch touch-screen navigation system and a 550-watt 12-speaker premium audio package.

The attractive Santa Fe provides more of everything to more people. Factor in a thrifty V6 and the technological improvements and it's a certainty that most Hyundai shoppers won't miss the Veracruz.

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AUTO PILOT
Mike Goetz
drive@metronews.ca

Feels like spring is finally here.

I realize it may not be spring everywhere, and especially in southern Manitoba, where they're expecting another snow storm this week, and this just after the week the Winnipeg Jets were officially eliminated from the Stanley Cup playoffs, but I can only commiserate so much with others. I've got to get on with my own life.

Last Saturday was beautiful and warm. I had some errands to run with our Honda Fit. But before I did that I took off the winter tires and replaced them with the summers. Then I was off on my errands, which I could do with the window down and the radio up, something I haven't done since September. It felt pretty good.

It felt so good in fact that I thought of all the other things I should do, automotive wise, now that spring has sprung. Here's my list…

• Take ice scraper out of the car. Lay it on the road. Run over it.

• Replace windshield wiper fluid with summer margarita formula.

• Wash the vehicle with lots of suds, and wearing only leopard print speedo.

• Install new bumper sticker. Something like, "Reality is the Only Obstacle to Happiness" or "I Used to Have a Handle on Life, But it Broke".

• Make sure horn is working properly and install Toronto Maple Leaf flag on the side glass, to participate in mass celebratory parade when Leafs win their first play-off game.

• Rent industrial vacuum used in the mining industry to suck french fries out from their bunker positions deep under the rear seats.

• Make a new CD compilation of driving tunes. On second thought, commandeer our teenagers to do this — they're so much more fluent with the digital formats.

• Re-visit favourite pot holes before they get covered over and are lost forever. Maybe take pictures and create a collage.

I hope you have your own automotive spring to-do list. It's the most hopeful time of year and a chance for renewal, for both you and your vehicle. Please don't waste the opportunity.

Enjoy the spring weather while you tackle your own seasonal list. ISTOCK

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*Limited time finance purchase offer available through Volkswagen Finance, on approved credit. MSRP of $16,385/$26,600 for a new and unregistered 2013 Jetta 2.0L / 2013 Tiguan 2.0T base model with 5/6-speed manual transmission, including $1,395/$1,610 freight and PDI, financed at 2.4%/2.9% APR for 84/72 months equals 182/156 bi-weekly payments of $97.89/$185.18. $0 down payment. Cost of borrowing is $1,431.20/$2,413.33 for a total obligation of $17,816.20/$29,013.33. PPSA fee, license, insurance, registration, any dealer or other charges, options and applicable taxes are extra. Models shown: 2013 Jetta 2.5L Highline, $24,590 / Tiguan 2.0T Highline R-Line, $41,125. Models shown for illustration purposes only. Models may not be exactly as shown. Certain conditions apply. Dealer may sell or lease for less. Dealer order/trade may be necessary. Offers end May 31, 2013 and are subject to change or cancellation without notice. Visit vw.ca or your Volkswagen dealer for details. "Volkswagen", the Volkswagen logo, "Das Auto & Design", "Autobahn for All", "Jetta" and "Tiguan" are registered trademarks of Volkswagen AG. © 2013 Volkswagen Canada.

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Horoscopes

♈ Aries
March 21 - April 20
You don't have to feel sorry for someone if you think they don't deserve it. Be true to yourself and be honest about your feelings. There are many injustices in the world but few if any of them are your fault.

♉ Taurus
April 21 - May 21
Mars in your birth sign endows you with self-confidence but with Saturn also in the picture, be cautious. Whatever you choose to do, it will have repercussions.

♊ Gemini
May 22 - June 21
It may seem to other people that you are easily manipulated but it isn't the truth — and it gives you an advantage. Let your rivals think you are weak then, when they are least expecting it, you can hit back.

♋ Cancer
June 22 - July 23
Decide what it is you want to do, then look for ways to pay for it. If you are thinking about changing what you do for a living, put job satisfaction at the top of your list.

♌ Leo
July 24 - Aug. 23
You may feel you got less than you deserve from some kind of service but don't make a fuss about it. You will soon get a chance to improve your status. You are in fact in quite a strong bargaining position.

♍ Virgo
Aug. 24 - Sept. 23
You won't lack for enthusiasm today but what about common sense? Virgos like to think things through carefully but Mars may encourage you to take risks. In a word: don't.

♎ Libra
Sept. 24 - Oct. 23
If there is something you want, you will find a way to get it no matter what obstacles are in your path. Once you possess it, you may find it isn't that great after all but it's the challenge that excites you.

♏ Scorpio
Oct. 24 - Nov. 22
Don't bother trying to explain your actions to people because they won't understand. Just do what you have to do and ignore whatever criticism may come your way. What do you care what other people think?

♐ Sagittarius
Nov. 23 - Dec. 21
You may be laid back but some people can be fussy and no doubt certain individuals will have a good moan today. Find ways to blot them out of your consciousness.

♑ Capricorn
Dec. 22 - Jan. 20
It all seems to be coming together now. What could go wrong? Quite a lot actually. With Mars opposing your ruler Saturn today, you need to keep your wits about you. Who do you trust? Only yourself.

♒ Aquarius
Jan. 21 - Feb. 19
Be honest about your feelings today and make sure everyone else is honest about theirs too. Some of things you hear won't be pretty but it will be better if everything is out in the open.

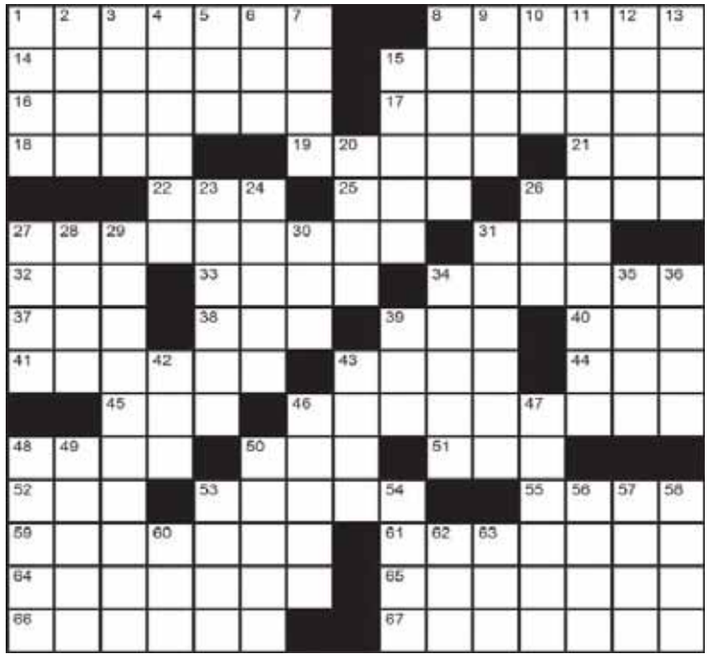
♓ Pisces
Feb. 20 - March 20
If you must get involved in a dispute, make sure you keep your head. The planets are stirring things up a bit and there will be disagreements.

SALLY ROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



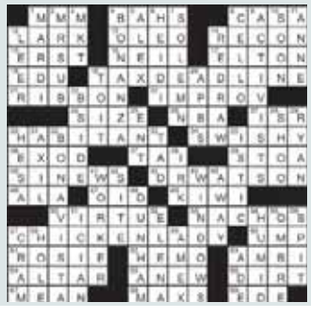
Across

1. Hot trend in skincare, _ _ __
8. The Wealthy __ (Bestseller by David Chilton of CBC's "Dragons' Den")
14. Musician Ms. McKennitt, born in Morden, MB
15. French actress, Catherine __
16. "You've Got to Pick _ __ or Two": Song from Oliver!
17. Jennifer of "Friends"
18. Filled food
19. Potatoes, in slang
21. Boxing bout ender, commonly
22. Gov. gigs
25. Li'l reply
26. Charges
27. 17th-century Dutch painter
31. Poetic contraction
32. Eggs, science-style
33. Victory shouts in Spain
34. Anti-virus software brand
37. Myrna of movies
38. Haunted house haze
39. Ex of Britney's, K-__
40. Alias indicator
41. Kept as is: 2 wds.
43. Knit stitch
44. Gravestone engraving
45. Movie studio area
46. Royal Canadian Navy warships in WWII
48. Songstress Sheryl
50. Harry's pal at Hogwarts
51. Paul Anka song: "__ Beso (That Kiss!)"
52. W5 extra
53. Pops in the post
55. Present
59. Do surgery
61. Mysteries
64. Venus neighbour
65. Netflix thriller, "__ Grove"
66. Type of dessert
67. Atones

Down

1. Meadow cry
2. Gene Vincent's "Be-__-_-Lula"
3. Colourfully comfy shoe
4. De-tangle one's hair again
5. "Spider!!"
6. 'Germ' add-on (Relevant)
7. At-the-door rugs
8. Gives in
9. Cuckoos
10. __ judicata (Settled court matter)
11. Canuck pastry: 2 wds.
12. Call forth
13. Jobs for Mike Holmes
15. Intimidate
20. Office supplies
23. Earning
24. Beauty parlor
26. __-de-lance (Type of snake)
27. Bread basket item
28. "Hurray!" in ancient Greece
29. April showers bring them: 2 wds.
30. Positive opposite [abbr.]
31. Bunches and bunches
34. Audacity
35. "__ from Muskogee" by Merle Haggard
36. Short snoozes
39. Item traded in Canadian history
42. Haul
43. "On Golden __"
46. Canadian rock band, __ Hatch
47. Sort of switch
48. Eat loudly
49. Boxing technique, __-_-dope
50. Attempt again
53. 'Dino' suffix
54. "__ gut!" (Very good, in German)
56. Bruce Springsteen's "__ Fire": 2 wds.
57. Bit of truth
58. "How naughty!" [pl.]
60. Something the cashier gives you, for short
62. Maiden name indicator
63. Tip to 'act' (Influence)

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

5					8		7	
			6	3			4	
	6		7					9
	4	8		5				
1			2		7			8
				4		9	3	
8					6		2	
	9			2	3			
	2		1					6

Yesterday's Sudoku

8	5	2	7	6	9	4	1	3
3	6	9	1	8	4	2	5	7
4	1	7	3	2	5	9	6	8
5	8	4	9	7	3	6	2	1
6	7	3	2	5	1	8	4	9
2	9	1	8	4	6	7	3	5
7	4	6	5	3	8	1	9	2
1	3	8	4	9	2	5	7	6
9	2	5	6	1	7	3	8	4

Today 14°/7° Partly cloudy
Thursday 14°/8° Variable
Know what the weather will be 14 days from now.
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